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 NO COFFEE. NO BREAD. NO FUN? IT'S ALL GOOD, SAYS PALTROW'S NEW COOKBOOK **PAGE 10**



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Target employee Harleen Maan prepares for the Kildonan Park location's soft open on Tuesday. SHANE GIBSON/METRO

# Sale-seeking swarm has its eyes on Target

**Twin openings.** Those hoping for U.S. pricing may be disappointed, warns company official

**SHANE GIBSON**  
 shane.gibson@metronews.ca

Winnipeg's first two Target locations are, well, on target to open their doors Tuesday.

The American retailer's locations at Kildonan Park Shopping Centre and Southdale Centre will open at 8 a.m., along with 20 other stores across Western Canada.

Remembering how Winnipeggers responded to similarly anticipated openings — like that of IKEA last November, which saw thousands

swarm the front doors — Derek Jenkins, Target's senior vice-president of external relations, said the stores are expecting large crowds on opening day.

"If we can have a large turn out, you won't hear us complaining at all," he told media gathered for a tour of the Kildonan Park location on Monday. "This is our soft opening, so it helps us to test our systems ... and helps our team members to train."

Like their American counterparts, the Winnipeg stores will carry merchandise from beauty, apparel and accessories to home, grocery, and personal care products.

Along with a few different brand options unique to their Canadian stores, Jenkins said Winnipeg shoppers might find differences in the price-point compared to what

## Facts and figures

The Kildonan Park Shopping Centre Target store spans 129,000 square feet, with a sales floor measuring 75,000 square feet.

- It will employ around 200 people.

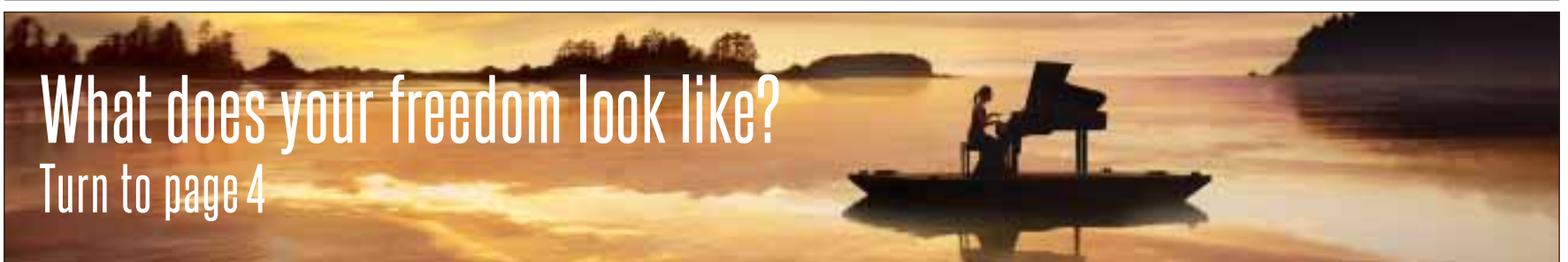
they're used to on trips to the closest U.S. store in Grand Forks, N.D.

But he said the stores will work hard to stay competitive with prices north of the border.

Winnipeg's third Target at Grant Park Shopping Centre is expected to open later this year, possibly in the fall or winter. Jenkins said it's too soon to say when the Polo Park location will open.

# What does your freedom look like?

## Turn to page 4



## What's new pussycat? Felines may require a licence come 2014

Cat owners will have to wait a few more months to find out if their feline friends will need licensing.

On Monday, the protection and community services committee voted to lay over the responsible pet ownership bylaw to its September meeting.

The request for the delay came from Leland Gordon, chief operating officer of the city's animal services department, for "further stakeholder consultations."

The bylaw has been plagued with delay after delay, and the last time it was debated at the committee on Jan. 14, the meeting lasted 12 hours.

Committee chair Coun. Scott Fielding (St. James-Brooklands) said he's not in favour of the cat-licensing portion of the new bylaw.

"I think that there's a lot of responsible cat owners that are out there right now. My concern is whether it's a tax on cats, essentially, so I'm just not a supporter of that," he said.

However, city officials have previously said dog owners are footing the bill for animal services, and funds are also needed to deal with the feral-cat problem.

The city's proposed cat-licensing program, with a start date of Jan. 1, 2014, includes an annual fee of \$15 for spayed or neutered cats and \$50 for intact cats.

The failure to license a cat would result in a \$250 fine, similar to the fine imposed for not licensing a dog.

BERNICE PONTANILLA/METRO



Annette Champion-Taylor said William Whyte residents are fighting back against those who illegally dump garbage in their neighbourhood. BERNICE PONTANILLA/METRO

# Hey, litterbugs! Big fines ahead

**Stiff penalties.** Those using disadvantaged neighbourhoods as a dumping ground will soon face a 'zero-tolerance' approach



BERNICE PONTANILLA  
bernice.pontanilla@metronews.ca

People who illegally dump their trash in Winnipeg's disadvantaged neighbourhoods will soon "pay through the nose."

"We're taking a zero-tolerance approach, so I don't think we can get tough

enough with some of these people," said the city's protection and community chair, Coun. Scott Fielding, adding certain garbage, like furniture, can become magnets for arsonists.

Fielding said the city has identified contractors as illegal dumpers, with neighbourhoods like William Whyte and Dufferin among the most affected.

Annette Champion-Taylor, volunteer and program co-ordinator for the William Whyte Residents' Association, said she and her neighbours are tired of seeing vehicles unload garbage in their back lanes.

"It's deliberate and it (shows) no regard for our

community whatsoever. People have this idea about the North End being a dumping ground — it is not a dumping ground, there's a lot of great people there."

Champion-Taylor said the garbage includes "everything from mattresses to furniture to household garbage, and when I say household garbage that includes rotten food, clothes, anything and everything you can think of, toilets."

The city report on amending the Neighbourhood Liveability Act suggests creating a three-tiered, or volume-oriented, category system with fines for each category — fines that can run up to \$4,000.

### 'Pay through the nose'

#### Harsh fines on the horizon:

- \$100 for the littering of small items such as gum, wrappers, cigarette butts
- \$600 for individuals, \$1,200 for corporations for illegal dumping of any garbage other than litter
- \$2,000 for individuals, \$4,000 for corporations for large-scale dumping and accumulated garbage such as furniture, appliances, renovation materials, car parts or garbage other than litter

## UNESCO. Bid for world heritage site in limbo

A multimillion-dollar bid to gain international recognition for a vast stretch of boreal forest along the Manitoba-Ontario boundary was dealt a setback by a UNESCO advisory committee.

The committee said it needs more time and information before deciding whether the area should be deemed a world heritage site.

The decision was a blow

to the Manitoba government, which has already spent or committed to spend \$14.5 million on Pimachiowin Aki, a 33,400-square-kilometre swath of pristine boreal forest. The Ontario government has put up a smaller amount of money through annual allotments.

The Manitoba government said it will keep pursuing the designation.

THE CANADIAN PRESS

### Police seek suspect

## Woman robbed at knifepoint

Police are on the lookout for a man who robbed a woman at knifepoint near St. Vital Centre early Sunday morning.

The 27-year-old victim had just used an ATM near Meadowood Drive and St. Mary's Road around 1:15 a.m. when a man confronted her with a knife and demanded cash. METRO

## Ribbon-cutting. Medical lab celebrates new space

Mayor Sam Katz was on hand to help a Winnipeg-based medical laboratory cut the ribbon on a new expanded space in the city Monday.

Gamma-Dynacare Medical Laboratories have consolidated and relocated their laboratory testing operations in Winnipeg to a newly designed and renovated 30,000-square-foot space on King Edward Street.

METRO



Mayor Sam Katz and Gamma-Dynacare CEO Naseem Somani. HANDOUT



# Emterra workers vote to join Winnipeg's biggest union

**Waste-management company.** Workers say they want better pay, working conditions



**BERNICE PONTANILLA**

bernice.pontanilla@metronews.ca

The union representing the largest number of City of Winnipeg employees has added 80 people to its ranks, and they work for a company to which the city contracted out work.

Mike Davidson, president of CUPE Local 500, said Monday that 80 employees at Emterra's recycling facility will be represented by the union.

The vote tally took place on Monday morning at the Manitoba Labour Board before union and company officials.

"They want a fair wage and safe working conditions ... they want to be treated respectfully," Davidson said.

"We're very pleased to

welcome them and we feel privileged to be negotiating a collective agreement on their behalf."

Davidson said workers have expressed concerns over the protective clothing, hours of work, lighting while they're doing their jobs and wages.

The City of Winnipeg switched to Emterra for garbage and recycling pickup last summer and fall, and complaints about the quality of service has dogged city council for several months.

Davidson wouldn't pinpoint when unionization efforts began, but said it was after the city gave Emterra the garbage and recycling contract.

Steve West, manager of corporate communications for the City of Winnipeg, said in an email that the workers' unionization will "not affect the fixed-price contract between the City and Emterra."

A message left with Emterra was not returned by press time.



Mike Davidson, president of CUPE Local 500, says Emterra workers "want a fair wage and safe working conditions." METRO FILE



Health Minister Theresa Oswald says the new clinic will be more understanding of cancer patients' immediate needs. METRO FILE

## Cancer patients to have quick-care clinic

A quick-care clinic is in the works to help Manitobans with cancer deal more effectively with side effects, the province says.

"Thousands of Manitobans face a battle with cancer every year and undergo cancer treatment," Health Minister Theresa Oswald said in a press release.

"We have world-class doctors and dedicated health professionals at CancerCare to help diagnose and treat cancer, and if patients have complications or side-effects from their treatment, they will now have a dedicated, specialized Cancer QuickCare Clinic with extended hours to ensure they get same-day

care."

The clinic, which will be at CancerCare's Health Sciences Centre at 675 McDermot Ave., will probably open in the fall. Hours of operation, at the outset, will be 8 a.m. to 10 p.m. on weekdays and 9 a.m. to 5 p.m. on weekends.

"The new Cancer QuickCare Clinic will ... assist pa-

tients with cancer-related illnesses and complications during treatment such as pain, nausea, digestive issues and fatigue," the province says. "(A) dedicated Cancer HelpLine is also being established to answer questions for cancer patients and offer advice about how to access same-day care." METRO

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## Sleep is for suckers. Caffeinated food gaining steam

Caffeine fiends needn't rely on beverages anymore.

An increasing number of foods with added caffeine have become available in the U.S., according to the Food and Drug Administration. In Canada, caffeinated gum and chocolate were recently given temporary approval from Health Canada.

The growth comes despite intensified government mon-

itoring and warnings about overconsumption of caffeine. A few years ago, three former employees of PepsiCo Canada and Kraft Canada



TORSTAR NEWS SERVICES

growing demand for "functional foods," from energy drinks with caffeine and amino acids, to yogurt with probiotics. "We wanted to create a product that

tasted great and had the pick-me-up of a cup of coffee, not anything extreme," said Matt Schnarr, one of the founders of Awake Chocolate.

This year, they started shipping to stores in the U.S., joining caffeinated foods there, including Jelly Belly Extreme Sport Beans, Wired Waffles and Cracker Jack'd Power Bites.

TORSTAR NEWS SERVICES

## Ex's e-lies killed my rep: Teacher



Lee David Clayworth and Lee Ching Yan ERIC DREGER/THE CANADIAN PRESS; FACEBOOK

**Cybersmear.** Man won damages in Malaysian court for ex-girlfriend's characterizations of him as child molester, pedophile, pervert

A Vancouver teacher whose ex-girlfriend has been spreading malicious lies about him online for the past two and a half years says her non-stop harassment is hurting his career prospects.

Lee David Clayworth, 35, was teaching in Malaysia in 2010 when he met Lee Ching Yan, now 29, online. He says a few weeks into the relationship she began acting aggressive, vindictive and controlling, and when he broke up with her, she broke into his apartment.

"She stole my laptop, she stole my hard drive, my passports, my money, all my clothes."

Weeks later, Clayworth found out that Yan had hacked into his email and Facebook accounts and sent an email to all of his contacts — includ-

ing coworkers, managers, and some students — posing as him and claiming to have had a sexual encounter with a 15-year-old student. She also posted a nude photo of him to his Facebook page that she had snapped of him in the shower without his permission while they were on vacation.

About a month later, Clayworth discovered Yan was posting hundreds of comments about him on sites like filthy liar.com and datingspychos.com, calling him a child molester, a pedophile, a pervert and a sex maniac. He said at that point deleting them turned into a full-time job.

He successfully sued Yan for defamation and a Malaysian court ordered her to pay the equivalent of \$66,000 in damages. But her relentless cyberstalking continued. Yan was later found guilty of contempt of court and sentenced to jail, but she skipped the country.

Clayworth said that he has been looking for teaching work since January without luck, and is worried the smear campaign is scaring off potential employers. **KATE WEBB/METRO IN VANCOUVER**

# What does your freedom look like?



You tell us what. We'll show you how.  
tellusyourfreedom.ca



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Financial

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### Utah

#### DA weighs charges in soccer referee death

A Utah prosecutor says he plans to decide within a day or two what charges to file against a teenager accused of punching a soccer referee who later died after slipping into a coma.

The district attorney says he and his team are reviewing the evidence and state statutes to determine charges. He says there are strict rules to follow because the suspect is a juvenile. The teen is in juvenile detention on suspicion of aggravated assault. He may face more severe charges.

THE ASSOCIATED PRESS

### First-degree murder

#### Casey Anthony should've been convicted: Judge

The judge who presided over the trial of Casey Anthony says he believes there was enough evidence to convict the Florida mother who was acquitted almost two years ago of murdering her two-year-old daughter.

Judge Belvin Perry told NBC's Today Show on Monday that he believes there was sufficient evidence for a first-degree murder conviction, even though much of it was circumstantial. The trial attracted worldwide attention. **THE ASSOCIATED PRESS**



# Legless man begins his 300-km odyssey

**We Walk 4Water.**  
Edmonton-to-Calgary journey will raise cash for clean drinking water

**PATRICK NGUYEN**

For Metro in Edmonton

After climbing Mount Kilimanjaro last summer to raise money for clean water, legless motivational speaker Spencer West began a new charitable journey on Monday, this time in Alberta.

West kicked off We Walk 4Water at Johnny Bright School in Edmonton, speaking to more than 1,000 students, teachers and parents.

At the age of five, West lost both of his legs to sacral agenesis, a genetic disorder, and doctors said he would never be a functioning member of society. He credits this verdict as one of his main motivators, and it's led to one of the main messages he sends.

"Recognize that we all have the ability to make a difference in the world, regardless of who you are or where you come from," said West.

When asked about his cause, West said, "Clean water is really the key to everything. So if we can provide clean water, then (children) can focus on education, they can focus on living their life."

West will be making the 300-kilometre walk on his hands and in his wheelchair with best friends David Johnson and Alex Meers, stopping at



Spencer West, centre, flanked by best friends David Johnson and Alex Meers, about to begin their walk at Johnny Bright School. PATRICK NGUYEN/FOR METRO IN EDMONTON

many towns along the way.

Spencer will finish the We Walk 4Water trek on May 16 in Calgary, stopping at local schools every weekday.

**For more**

Follow the journey online at [metronews.ca](http://metronews.ca)



**Brothers in arms**

## West won't walk alone

West will be joined by Canadian singer Nelly Furtado; Free The Children co-founder Craig Kielburger; and Aislinn Paul and Munro

Chambers of Degraasi.

Kielburger called his organization "the world's largest network of children helping children," referring to their challenge for every student to raise \$25; enough to provide someone with clean water for life.

## Sheepskates? University counting coins instead of sheep after budget sheared

The University of Saskatchewan is looking for someone to buy their flock of 300 sheep as recent cutbacks are forcing them to relocate the animals.

According to Mary Buhr, Dean of the College of Agriculture and Bioresources, it costs the U of S roughly \$100,000 annually to keep the flock on campus. And while other livestock bring in research dollars to help offset their costs, the flock brings in little funding.

"We have dairy cattle, we have beef cattle, we have tur-

keys, we have chickens and we have the sheep. When we look at the expenses ... (the sheep) are used for some teaching, but we don't get a lot of research done with them."

To meet the needs of students and researchers, the school will borrow small groups of sheep for limited periods.

Fiona C. Buchanan, who taught the Sheep and Goat Management course, feels the sale will have a negative effect.

MORGAN MODJESKI/METRO IN SASKATOON

## Oppan Canada. Gangnam Style? Oh, you're welcome, South Korea: Minister

**Special thanks to...**

"There wouldn't be a Gangnam Style if we hadn't had the sacrifice of Canadians, members of the United Nations."

Veterans' Affairs Minister Steven Blaney

A senior Conservative cabinet minister says if it wasn't for Canadian soldiers who risked their lives fighting communism, the world might never have had the last year of goofy, unadulterated joy dancing to Gangnam Style.

In an interview broadcast on Radio-Canada on Sunday, Veterans' Affairs Minister Steven Blaney said the hit song by South Korean singer Psy would have never been possible if international

forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953. TORSTAR NEWS SERVICE

## Transit Tuesday



Weekly Transit News Update

### GET INTO THE DOWNTOWN SPIRIT

The next time you and your friends are planning lunch at your favourite downtown restaurant don't forget about the Downtown Spirit. Our free shuttle service is a great way to travel to most of Winnipeg's most popular downtown destinations. There are three Downtown Spirit routes to serve you - for complete route and schedule information visit [winnipegtransit.com](http://winnipegtransit.com) or call 311.

### BUSTXT FOR PEOPLE ON THE MOVE

BUSTxt is Winnipeg Transit's Short Message Service (SMS) for real-time transit information. Text 287898 to get up to the minute bus departure times, locate the nearest bus stop and more. Visit [winnipegtransit.com](http://winnipegtransit.com) for more information.

### CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cell phone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pick up from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit [winnipegtransit.com](http://winnipegtransit.com) or call 311 for more information.

### GET MOBILE WITH BUSGUIDE

BUSguide is the mobile version of Winnipeg Transit's award winning website. You'll get the same great features and information in a format that is optimized for Internet-enabled mobile devices. Go to [winnipegtransit.com](http://winnipegtransit.com)

### DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square.

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Simply park your car at a Park & Ride location near you and take the bus to your destination. You'll enjoy the convenience and probably save a few bucks in gas while you're at it. Visit [winnipegtransit.com](http://winnipegtransit.com) for more information about our Park & Ride service.

### SAVE SOME GREEN WITH AN ECOPASS

Talk to your HR rep about getting the EcoPass at your workplace. You and your fellow employees could save from five to 100 per cent on transit. Visit our [winnipegtransit.com](http://winnipegtransit.com) for more information.

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## Dubious products

## Care for a poutine soft drink?

Jones Soda Co. has debuted a limited-release poutine flavour exclusively for the Canadian market.

In the decade since the Seattle-based company issued a Turkey & Gravy soft drink as a promotional lark, it's become known for wacky flavours — Gingerbread, Green

Bean Casserole, Pear Tree and Candy Cane.

"With a nice balance of rich, savoury gravy over a starchy potato base, and accented with those fatty, cheesy notes you expect in a plate of poutine, we believe we've developed the perfect liquid version of this undisputedly Canadian delicacy," said Andrew Baumann, Jones Soda's marketing and social media manager, in a release. **TORSTAR NEWS SERVICE**

## Market Minute



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(+0.09¢)



**TSX**  
12,453.92 (+15.89)



**OIL**  
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**GOLD**  
\$1,468 US (+\$3.80)

**Natural gas:** \$4.03 US (-1¢)  
**Dow Jones:** 14,968.89 (-5.07)

# App to help vets cope with PTSD

## Mental Health Week.

Mobile tool gives users details on symptoms, support, coping skills



**Veterans Affairs Minister Steven Blaney shows off a new mobile app in Toronto on Monday for those with PTSD. THE CANADIAN PRESS**

The roll-out of a new smartphone app and money for a two-year study should go some distance toward helping Canadian veterans and others cope with post-traumatic stress disorder, the federal government announced Monday.

The initiatives should also help families of vets, Veterans Affairs Minister Steven Blaney said in making the announcement at the start of Mental Health Week.

"Our government recognizes the seriousness of PTSD among veterans and Canadian Armed Forces personnel and its impact on their families," Blaney said. "These important initiatives ... will assist us in addressing the mental-health needs of those who sacrificed

so much for their country."

Dubbed PTSD Coach Canada, the app — available through the iTunes store and Android Market — gives users information on PTSD, self-assessment for symptoms, information about professional health care, and where to find support.

It also includes tools ranging from relaxation skills and positive self-talk to anger management that can help users manage symptoms and the stresses of daily life. **THE CANADIAN PRESS**



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Fee may vary depending upon type of property and location. APR is **3.03%**. <sup>2</sup> We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$100,000. <sup>3</sup> The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. These rates can be changed, withdrawn or extended at any time without notice. Residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



## No need to let the pharmacist know what's up: Pfizer starts direct Viagra sales in U.S.

Men who are bashful about needing help in the bedroom no longer have to go to the drugstore to buy that little blue pill. In a first for the drug industry, Pfizer Inc. will begin selling its erectile dysfunction pill Viagra — pictured here on top of counterfeit pills — directly to U.S. patients on its website. Men still will need a prescription to buy the pill on viagra.com, but they no longer have to face a pharmacist to get it filled. The strategy aims to tackle a problem plaguing the industry: Unscrupulous online pharmacies increasingly offer patients counterfeit versions of Viagra and other brand-name drugs for up to 95 per cent off with no prescription needed. The plan to sell directly to consumers will not extend to Canada, a spokesperson for Pfizer Canada said Monday. **WILLIAM VAZQUEZ/PFIZER/THE ASSOCIATED PRESS**



# DON'T ASK ME TO PAY FOR YOUR WEDDING

Stag and doe, wedding social, Jack and Jill — call it what you will, but the concept is generally the same.

If you are of a certain age, chances are your Facebook feed is littered with party invites to events designed to help raise money for a newly engaged couple's upcoming wedding. These pre-wedding fundraisers are a time-honoured tradition in certain parts of the country — particularly in Manitoba, where hosting a "social" before the big day is the norm.

Friends and acquaintances are invited to a local hall or community centre and are expected to cough up cash for entrance fees, drink tickets, raffle prizes and money-making games like dollar dances. Profits go to the bride and groom to help pay for wedding expenses or their honeymoon.

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees. Some might say there's no harm in getting



**SHE SAYS**

**Jessica Napier**

metronews.ca

together for some good old-fashioned fun to help out friends, especially if the party isn't that much more expensive than an average night out at a bar. Others argue that crowd-funding your wedding reception is tacky.

While wedding etiquette is always up for debate, something about this blatant money grab leaves a bad taste in my mouth. I'm all in favour of for-profit partying for a good cause, but if you have to fleece your friends and family for cash to pay for your wedding photographer, then perhaps you need to re-evaluate the budget for your big day.

Couples ask their wedding guests to open up their wallets plenty of times leading up to the I-dos — for bridal showers, bachelor and bachelorette parties, wedding gifts, travel expenses and more. But asking these same guests (and worse, people who aren't even invited to your wedding) to help generate the cash to fund your elaborate centrepieces just seems tasteless.

A wedding can be as cheap or as expensive as you want it to

**Customary maybe, but is it right?**

**Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees.**

be; in the end it's all about priorities. Financial support might come from the bank or maybe your parents, but ultimately it is the couple themselves who should take care of their own expenses. Adults shouldn't decide to have a wedding — or a certain type of wedding at least — unless they're prepared to take on the financial responsibility.

If you don't have enough money for that particular Swarovski-crystal encrusted gown or that extra layer of cake, then you make compromises or wait until you're more financially stable. You don't turn to friends and family and ask them to bankroll your big day.

Follow Jessica Napier on  
Twitter @MetroSheSays



## ZOOM

# Brood II: 17 years in the making



**Billions to emerge from earth — but don't worry!**

Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. The insects will arrive in such numbers that people in the southern state of North Carolina, to Connecticut in the northeast, will be outnumbered roughly 600-to-1 — maybe more. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.

THE ASSOCIATED PRESS

## Putting the 'cad' in cicada

They're looking for just one thing: sex. And they've been waiting quite a long time.

The males come out first. They perch on tree branches and sing, individually or in a chorus. Then when a female comes close, the males change their song, they do a dance and mate. The males keep mating ("That's what puts the 'cad' in 'cicada,'" entomologist Mike Raupp jokes) and eventually the female lays 600 or so eggs on the tip of a branch. The offspring then dive-bomb out of the trees, bounce off the ground and eventually burrow into the earth, Raupp says.

THE ASSOCIATED PRESS

UNIVERSITY OF CONNECTICUT, CHRIS SIMON/THE ASSOCIATED PRESS

**Click bait**



**HANNAH ZITNER**

hannah.zitner@metronews.ca

**With marathon season now in full swing, runners are lacing up and hitting the pavement. Whether you're chasing the runner's high to qualify for Boston or just trying to get in shape, there's no shortage of online hubs to keep you on track.**



### Draft Magazine:

As the name suggests, this site isn't wholly about running — but not all runners are puritanical all the time. For runners whose idea of interval training is sprint, drink, rest, repeat, The Beer Runner blogs about PB (personal bests) as well as PBRs. (draftmag.com)

### iRunner:

iRunner sets itself apart from other blogs in the jog-o-sphere with its bi-monthly Twitter chat. Though the site covers the usual topics, from

ramping-up speed to post-race recovery, #RunChat gives you a bit of face-time with the brains behind the blog to get your real questions answered. (iRunnerblog.com)

### Daily Mile:

Kind of like a digital run club, the Daily Mile is a community of runners (cyclists and triathletes welcome too) sharing tips, routes and workouts. Don't want to join the club? You can still read refreshing run reports from featured "Daily Miler's of the Week." (dailymile.com)

**Tweets**

**@metropicks asked: Montreal held its first-ever gathering of redheads, which attracted hundreds of participants. Who should be the community's ambassador?**

**@Kyle\_Lesponts:**  
#youppi #habssuck

**@FrenchmanCanada:**  
@shaunmajumder I'm sure he secretly is a redhead.

**@lyinatnight:**  
anne of green gables

**@ruggles79:**  
Carrot Top. Nuff said...

**@matty7films:**  
Rita Macneil (RIP) should be honoured for her voice and her natural red hair which she took with her to mermaid-land.

**@kingperry**  
Conan O'Brien suits this role nicely.

**@marcusarab:**  
Eric Cartman, obviously

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Send us your comments: [winnipegletters@metronews.ca](mailto:winnipegletters@metronews.ca)



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## DVD reviews



### Jack Reacher

**Director.** Christopher McQuarrie

**Stars.** Tom Cruise, Rosamund Pike, Richard Jenkins

●●●●●

Tom Cruise plays a vigilante anti-hero drawn from a novel series by the author Lee Child, books so pulpy they almost leave juice stains on the pages. Jack Reacher is an ex-cop, ex-military hard nut who travels by bus around America, violently defending the weak and innocent against the strong and culpable. Blunt as a fist (his preferred weapon) and resistant to romance, Reacher is also something of a phantom, erasing his tracks and severing personal ties. The story by writer/director Christopher McQuarrie is about bringing a crazed sniper to justice, albeit a "justice" not concerned with the civility of law. Cruise makes a convincing Reacher, despite standing a good nine inches shorter than the man's 6-foot-5 height in the novel series. More important, Cruise stands and delivers, making you believe that he can take on five guys in a parking-lot brawl while barely cracking a sweat. The film bloats at times, but Cruise doesn't.

### Upstream Color

**Director.** Shane Carruth

**Stars.** Amy Seimetz, Shane Carruth, Andrew Sensenig

●●●●●

Like his Sundance-winning 2004 debut *Primer*, Shane Carruth's new film has elements of sci-fi but intentions far beyond it. Amy Seimetz and Carruth play victims of a bioterror plot that leaves them near death, utterly confused and their bank accounts drained. There's more, much more. There's emphasis on Thoreau's book *Walden* and Civil Disobedience that hints at the film's man/nature life cycle, and also recurring symbols (worms, pigs, orchids, circles and colours) that will fascinate book scholars and semioticians.

PETER HOWELL

# Robert DeLong just has that 'X' factor

**Revenge of the nerd.** Don't call Electronic Dance Music's new king a DJ. The 26-year-old is out to prove that dorks rule

RICHARD PECKETT  
Metro World News

Dubbed the "thinking man's Guetta," Robert DeLong's rehearsal space is strewn with techy paraphernalia. Beyond the instruments, there's the weird stuff: a joystick and Wiimote rigged to laptops and vines of entangled cabling. It's like being invited to the weird kid's house who's already started experimenting with home-made bongos — disconcerting but alluring. This is Robert's den, a paradise for techy junkies. If you're wondering what he gets up to with his joysticks, watch and listen to the Happy track — fast and furious finger-flicking for your aural pleasure. Quirkiness aside, the self-confessed nerd behind recent album *Just Movement* is awkwardly honest about his cultish following, geeky tendencies and flirtation with fame.

**Talk me through your look — it's pretty chilled out — what's the thinking? And what's with the face paint?**

I've had this hairstyle for over a decade now. Well, the whole T-shirt thing and the face paint thing came from my girlfriend really, she painted this X sort of thing on my headphones and it went from that to T-shirts and face paints.

**Anything more symbolic? I wish there were.**

**Would I be right in saying that you keep your look pared-down to keep your set just about the music?** I suppose in a way. I like having a uniform essentially. It's pretty simple but also memorable.

**Are you starting to get a cult following of fans in your Tees with painted faces?** Yeah, it's picking up. It's cool; it's crazy.

**You've said before that**



Robert DeLong — not quite the anti-Guetta. GETTY IMAGES

**you're a "nerd." Does that mean you enjoy your own company?**

I did spend a lot of time alone, I guess. We lived kind of far from anybody in the outskirts of Seattle, so I spent most of the time running around the yard and playing with my instruments — I was a bit of a nerd.

**You've also got a bit of a thing for toys — joysticks and Wiimotes. Were you into computer games as a kid?**

I was but not super though. My parents would never let me have a console — which was great, to be honest.

**You were more into the techy side of computers?**

I used to write text adven-

ture programs: "You come to a tree, do you want to go left or right." They were terrible; they barely worked.

**What did your friends think of that?**

Friends, right? No, I did (have friends). Most of my friends were kind of computer nerds, so it kind of worked out.

**Nerds have notoriously terrible dating experiences. Have you got any stories?**

My favourite was eight or nine years ago. I took this girl on a date and at the end of the night there's that moment where you're, "What do I do?" Do you hug them, do you give them a kiss or is it going to go on? So I saluted her and walked away

(laughs hysterically).

**Bizarre! Were you better with books — science, for instance?**

Science was always my favourite subject and then obviously music. I loved school. I still spend a lot of time watching TED talks and reading tech and science articles — I'm into that stuff.

**Your vocals in Global Concepts mention "substances, I abused." What did you get up to?**

(Laughs) Um, yeah.

**Were you a bit of a stoner?**

Still a stoner but shush. I live in Los Angeles so everything is OK.

**MTV has labelled you one of their "Artists To Watch." Any fans taken the watching part to a creepy level?**

Yeah, I've had the strange experience here and there after a show with the weird person following me around.

**Have they tried to steal any of your stuff or lunged?**

Oooh, the only thing that people steal are my drumsticks but I do throw them at the end at the cymbal and it'll bounce off and hit somebody in the face.

**And has that MTV title added any pressure?**

I think it's great. You have to go through MTV to get to the masses, so I think it's cool that they acknowledge that I exist.

**Are you happy to embrace the masses?**

You know, I'll take what I can get I guess.

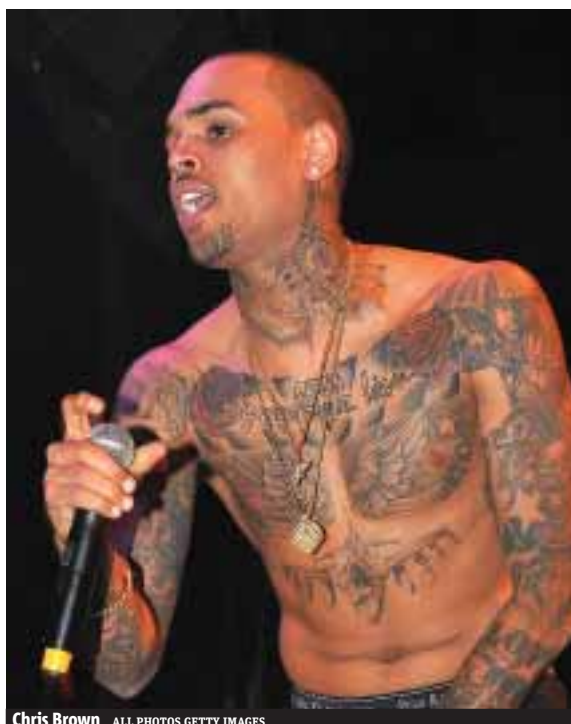
**Is that the same with girls?**

No, no, I've had a girlfriend for the last four years.

**You've been described as both "the anti-Guetta" and the "thinking man's Guetta." Your sound is more intellectual but do you want a slice of his fame?**

I wouldn't say that I'm the anti-Guetta. Money's important to me in the sense that I can buy more gear. Fame is the same thing. If I get famous that means I'm playing to bigger audiences and more people are hearing my music and I love that.





Chris Brown ALL PHOTOS GETTY IMAGES

## Chris Brown says he's not ready to be "wife-ing" Rihanna

Here is Chris Brown's explanation on breaking up with Rihanna yet again:

"I mean, at the end of the day, shawty doing her own thang, she on the road. It's always gonna be love. I'm a grown man, just gotta fast forward ... I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be," the

24-year-old said during a recent interview with Australian radio show The Kyle and Jackie Show.

Wait. Forgive me, as I'm elderly, but you call being a loving and supportive partner "wife-ing"? And that is considered a bad thing? What is called "husband-ing"? Forgetting to take out the garbage?

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Mister Cee

One of Hot 97's most popular DJs — Mister Cee — is having a rough few days.

On Thursday night, the DJ, who also produced the Notorious B.I.G.'s Ready to Die, was arrested after he propositioned a male prostitute in Brooklyn. Unluckily for Cee, that prostitute was actually an undercover cop.

But now Cee is saying

that the press (and the cops) have it all wrong — dude was really a lady.

"I am not gay," Mister Cee told Hot 97 program director Ebro Darden on Monday morning's show.

"They tried to turn it around and say the female officer was a male officer. It was a sting operation," he says.



Big Ang THE MOHEGAN SUN

## Mob Wives' Big Ang canoodles with the little people

VH1's Mob Wives star, Angela "Big Ang" Raiola, showed off her ample assets and abs in a leather crop top on Friday night as part of Mohegan Sun's Reality Check Tour where fans

got to take part in a Q&A with the star and get her autograph.

I love Big Ang but I'm pretty sure when dermatologists have nightmares, this photo is what they see.

### The Word

*Rage against the dying of the light — or just pick Bieber*



THE WORD  
Dorothy Robinson  
scene@metronews.ca

American Idol producer Nigel Lythgoe will not let the veteran reality TV show go gentle into that good night. Nope. The producer has decided to spend the big bucks to boost the sinking ratings of the show.

So who does he have his eye on? Justin Bieber, Selena Gomez, Pink and Sean "Diddy" Combs, reports RadarOnline.com.

"You can't get any bigger than Justin Bieber. The executives are calling it their dream team because who wouldn't tune in to see Justin and Selena, Pink and Diddy?" a Fox insider tells the site. Instead of paying the big bucks for big names, why not pay for big personalities who actually play off of one another and are entertaining to watch?

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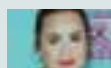
@RainnWilson

I wanna be the CEO of something. Can you make me the CEO of something? Like a company or something?



@NICKIMINAJ

I never understand how people cold spray just a few squirts. I spray at least 50 every time. LMFAO. It just makes me so happy.



@ddlovato

Almost didn't make it through airport security!! I look SO different from my driver's license!! Hahaha #blondehairdontcare



@TheEllenShow

Congratulations, Keira Knightley, on your wedding! May you celebrate your love daily, and Knightley.

# Gwyneth Paltrow, your new celebrity chef

**Food.** The whole no coffee, no bread, no fun approach featured in Gwyneth Paltrow's new cookbook, *It's All Good*, may be overwhelming, but the recipes are irresistible

ROMINA  
MCGUINNESS  
life@metronews.ca

With just a few more weeks to go before beach-body season, we thought we'd share exclusive recipes from Gwyneth Paltrow's latest cookbook *It's all Good* — specifically ones from the Body Building Menu.

If this meal plan is what helped 40-year-old Gwyneth get a 22-year-old stripper's butt, maybe it'll do the same for us.

And have you seen Iron Man 3?

She looks amazing, even when the girl is literally on fire.



Looking good and feeling good. HANDOUT

## Afternoon snack: A handful of raw almonds



### From the foreword



## Does this actually work?

DR. HABIB  
SADEGHI  
Physician

We asked osteopathic physician Dr. Habib Sadeghi, who wrote the foreword for *It's All Good*, to share his thoughts on the elimination diet, a cornerstone of Paltrow's book.

**Is this a diet that can be maintained over long periods of time? Do we really need to cut out coffee, meat, dairy and alcohol for good, or can we continue to consume them in small amounts?**

"No, it's not possible and not even necessary. There are healing diets and maintenance diets. Their purpose is very different. ... Healing diets, like the elimination diet, help our bodies recover from an illness by providing it with hyper-nutrition, supplementation and digestive rest. It's medicinal."

### Top 5

## Dr. Sadeghi's top 4 foods for optimum health

**1** Organic green vegetable juice: "You can't find a more potent, highly packed nutritious food, full of minerals and antioxidants that are immediately assimilated by the body. Avoid store juices. They're loaded with added sugars and pasteurized, which destroys the enzymes and damages the vitamins."

**2** Lacto-fermented foods: "Yogurt, kefir, sauerkraut, kim chi and beet kvass supply large populations of good bacteria to your intestinal track. These probiotics boost your immune system."

**3** Dairy: "Raw, unpasteurized dairy provides valuable nutrients for healing and maintenance. Switching from cow to goat's milk can make a big difference because the protein molecules in goat's milk are much smaller and easier for humans to absorb."

**4** Wild caught sockeye salmon and grass-fed beef: "Fish oils from wild caught salmon with no risk of heavy metals are extremely important for brain function and anti-aging. Small amounts of beef are important for B vitamins."

**Dr. Elvis approved**

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**SANGSTER'S**

The natural choice for health





Jillian Michaels coached this year's winner of the Biggest Loser. GETTY IMAGES

# Biggest Losers get their rears in gear

**Fitness.** Jillian Michaels, the Reality television star, says she has "off" days, just like the rest of us

LAURA  
GOLDMAN  
Metro World News

Jillian Michaels, the bombastic personal trainer on the reality series *The Biggest Loser*, is in the midst of a 34-city *Maximize Your Life* speaking tour. She coached this season's winner, Danni Allen, who lost an astonishing 121 pounds (or 47 per cent of her body weight). Before her appearance in Philadelphia, Michaels answered a few questions for us.

**What is the primary reason you have gone on the road, and what can people expect?**

I have gone out on tour to talk with people — share their space, energy, thoughts and feelings so I have a direct connection with the audience. I absolutely love this medium and have found it's the absolute best for providing life changing information and inspiration.

**Will you be using your signature tough-love approach with your audience?**

On *The Biggest Loser*, I have to be tough; it's a job that

## Keep going

Jillian Michaels' tips for staying motivated are simple. "(I) help people identify the ways in which and reasons why they sell themselves short and hold themselves back. Then I give them the tools and information to attack their inhibitions and unleash their potential so they can blast through obstacles."

- **Identify your "why."** If you have a strong vision of the ways in which your life will improve by staying healthy and following your goals and dreams, you can tolerate anything to get there.
- **Set yourself up for success.** Remove temptation and surround yourself with positive imagery that incentivizes you to continue pursuing your dreams.
- **Manage stress.** Instead of managing stress and sad

feelings destructively with food, alcohol or compulsive overspending, nurture yourself in ways that are life-affirming. Get a manicure/pedicure. Take a bubble bath. Give yourself a facial. Engage in hobbies you love.

- **Build support.** This is so critical. We spend most of our waking hours with others. The stronger your support system, the better set up for success you are.
- **Think it through.** When you are about to make a bad choice, stop and think through the consequences of your actions. While ordering a pizza or telling your boss to get lost might sound good in the moment, the lasting ramifications are extremely detrimental and, when thoroughly thought through, help you make better choices.

involves a life-or-death intervention on a time frame. In all other aspects of my business, like books, podcasts, DVDs and this tour, it's about providing information and inspiration.

**Do you ever feel unmotivated?**

Sure, I absolutely have "off" days, but I follow the very

same steps I am going to teach people during my *Maximize Your Life* show to stay on track.

**What is your favourite exercise and food?**

I love parkour and MMA training. I enjoy all kinds of foods in moderation as long as they are as chemical-free as possible.

## Breast cancer. She survived six rounds of chemo; bring on the 'giant mountain'



Help others overcome breast cancer by supporting the Hope Trek up Mount Kilimanjaro. HANDOUT

Are you ready for the adventure of a lifetime? Join the Hope Trek to the summit of Mount Kilimanjaro and support a future without breast cancer.

This incredible 11-day journey begins on Sept. 26 and ends on Oct. 6 — the same day as the Canadian Breast Cancer Foundation's CIBC Run for the Cure.

The footage of the Hope Trekkers reaching the summit of Kilimanjaro will be broadcast at every opening ceremony for the CIBC Run for the Cure, which is being staged at 68 sites across Canada. The Hope Trek is organized by Charity Challenge, the world's leading fundraising challenge operator. They have helped to raise more than \$50 million for more than 1,400 registered charities.

Jodi Brown, who shared her story about winning her breast cancer battle in Metro

last October, is joining the Hope Trek, and she'll be writing about her experience and the experience of her fellow trekkers for Metro.ca.

"I'm climbing Mount Kilimanjaro (in Tanzania! in Africa! — yes I had to Google it) for two reasons," says Brown. "One, I'm a breast cancer survivor. And two, the thought of climbing it intimidates the crap out of me. Recently, I've decided that if something really scares you, you should probably do it. I made it through six rounds of chemo and a double mastectomy. Bring on the enormous, huge, giant, mountain!"

If you're ready for the challenge, you can register at [charitychallenge.ca](http://charitychallenge.ca). Book before May 28, type in the promo code METRO and you'll receive \$100 off your deposit. Numbers are limited and places are allocated on a first come, first served basis.

METRO

## Have Hope

### The details on Hope Trek

- **Who?** Maximum of 28 people per trip
- **What?** 11-day trek to Mt. Kilimanjaro summit through the Lemosho route.
- **Where?** Mt. Kilimanjaro in Tanzania, Africa.
- **Why?** To raise money for the Canadian Breast Cancer Foundation while accomplishing a personal goal.
- **When?** Sept. 26 to Oct. 6, 2013
- **Where do I sign up?** Log on to [charitychallenge.ca](http://charitychallenge.ca) and start putting a team together.

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# The ultimate crowd-pleaser, lasagna is always the answer

**MAIJA  
MOMENTS**  
YummyMummyClub.ca

Whether you're looking for a family-friendly meal, an addition to your freezer-meal repertoire or something to take to a friend when they need it, lasagna is always the answer.

1. Heat oil in a large skillet over medium-high heat. Add garlic and onions and sauté until soft. Add ground beef and cook until no longer pink. Remove from heat, add one jar of tomato sauce and stir until combined. Set aside.
2. In a separate bowl, add ricotta cheese and egg. Mix until combined. Set aside.
3. Pour 1/3 of the second jar of tomato sauce on the bottom of a 9x13 casserole dish sprayed with non-stick cooking spray. Spread so bottom of dish is covered. Add lasagna noodles to bottom of pan. Cut to fit



You can "healthy up" your lasagna by using extra-lean ground beef, whole wheat lasagna noodles and low-fat cheese. MAIJA MOMENTS/YUMMYMUMMYCLUB.CA

but do not overlap. Spread 1/3 of ricotta cheese onto lasagna noodles. Top with 1/3 of beef mixture. Top with 1 cup of mozzarella and sprinkle with 1 tbsp of Parmesan.

4. Repeat two more times. Top

with final layer of noodles.

5. Pour remaining sauce on top and spread to ensure all the noodles are covered in sauce. Sprinkle with remaining Parmesan cheese.

6. Cover with foil and bake in a

## Ingredients

- 1 tbsp olive oil
- 2-3 cloves garlic, crushed
- 1/2 cup onion, diced
- 2 lbs ground beef
- 2 jars tomato sauce (approx. 600 ml each)
- 1 container ricotta cheese (approx. 450 g)
- 1 egg
- 1 box lasagna noodles, cooked according to package directions
- 3 cups mozzarella, grated
- 4-5 heaping tbsp Parmesan cheese, grated

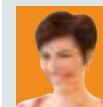
350 F oven for 1 hour, removing foil for last 7-10 minutes.

7. Remove from oven, tent with foil and let stand 10 minutes. Slice and serve with salad and crusty bread.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

## Health Solutions

### Get a little okra into your life



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCPT  
myfriendinfood.com

According to the Canadian Produce Marketing Association, the top 10 vegetables sold in Canada are:

1. Tomatoes
2. Potatoes
3. Peppers
4. Bagged salad
5. Carrots
6. Onions
7. Mushrooms
8. Cucumbers
9. Lettuce
10. Broad leaf (such as broccoli and cabbage)

Wow, are we ever mundane. With the exception of peppers, this list is somewhat innocuous in terms of flavour and nutritional value — the sort of ho-hum veggies one would

expect from the bland diet of people who came here in the 1700s.

Luckily, Canada is also a land of immigration that brings imaginative flavours with it. The up-and-coming vegetables are far more interesting. They are:

1. Artichokes
2. Okra
3. Kale
4. Ginger root
5. Yams

The list is a whole range of flavours that brings to mind a more colourful, healthful plate. Take okra, for example: It is a mucilaginous (gooey), high-fibre food used in Mediterranean, Asian and Indian cooking. You can't beat its folate, calcium and potassium content, and it has the ability to absorb the most potent of flavours.

All hail okra!

**THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM**

# The Spark: Defying the experts on autism

## Nurturing Genius.

Book details how a mother took son out of special education to work with him herself

**RITA  
POLIAKOV**  
rita.poliakov@metronews.ca

When Kristine Barnett's autistic son was three years old, she was told he would never learn to read. Now, at 14, Jacob is taking graduate-level classes at Indiana University-Purdue University Indianapolis.

Before leaving fifth grade for college, Jacob taught himself calculus, started working on an original theory in astrophysics and, several months after being told he couldn't, taught himself how to read.

"He's defied not just the experts on autism, but the experts on prodigy. He's social, relatable, he has friends," said Barnett, author of *The Spark: A Mother's Story of Nurturing Genius* (Random House of Canada Limited).

Barnett's novel, which was released in April, chronicles her journey with Jacob, who was diagnosed with moderate



Kristine Barnett with son Jacob. DREW ENDICOTT

to severe autism as a toddler.

"The delays (experts) saw on social skills in daily functioning were so significant. Making eye contact is a skill a two-month-old has. Jacob was probably seven before he started to make eye contact again," said Barnett, who lives in Indiana.

After realizing how low experts set the bar for her child, Barnett decided to take Jacob

out of special education and work with him herself, a decision even her husband was against.

"That was the scariest decision I've ever made in my life," she said. "People just really thought I was nuts."

But Barnett was determined. By focusing on the things Jacob could do, like create a map from memory with Q-tips, Barnett was able to

teach her son to do the things he couldn't, like have a conversation.

It was this philosophy that encouraged Barnett to write *The Spark*.

"The only person who is truly an expert in their child is the parent. I really believe in parents. We have the capacity to know what works for our child. I wanted to give moms the permission to follow their

child's instincts," she said.

Writing *The Spark* wasn't always easy for Barnett.

"I tried to be very open and transparent," she said.

This meant discussing the family's serious financial issues during the recession and the death of one of Jacob's close friends, an autistic boy named Christopher who was hit by a school bus.

Jacob was supportive

## To learn more

Temple Grandin is another advocate of focusing on strengths rather than weaknesses when it comes to treating autism. Grandin, who was diagnosed with autism before much was known about the disorder, co-wrote *The Autistic Brain: Thinking Across the Spectrum*, with Richard Panek.

The book, published by Thomas Allen & Son, does exactly what its title suggests. Grandin, a professor and doctor of animal science, explores how brain science is linked to behaviour while weaving in her own experiences. For more information, visit [thomasallen.ca](http://thomasallen.ca) and search for the title.

through the writing process.

"It's kind of fun to see him joking about revisiting these childhood memories. Telling jokes about things I was so worried about and how he wasn't worried at all. He was just doing his thing," Barnett said.



# POSITIVELY SHIFTING PERCEPTIONS

## ENGAGE OTHERS ABOUT MENTAL HEALTH ISSUES

Our mental health is just as important as our physical health. When we are mentally healthy it improves our overall health and well-being and we enjoy life and everyone in it.

All Canadians — not just adults — should be aware of their mental health. Without an understanding of our mental health, it's difficult to know why we feel low, stressed or anxious at certain times and how we can manage these feelings.

This year, the theme for the Canadian Mental Health Association's 62nd annual Mental Health Week, which runs from May 6-12, is Youth Mental Health.

While the CMHA's tagline, Mental Health for All, will still be used as an important broader theme during Mental Health Week, the focus is being placed on the mental health problems experienced



DIGITAL VISION/THINKSTOCK

by young people between the ages of 15 and 24.

"An important part of the youth theme will be the role of parents, teachers and

other caregivers as they continue to play a key part in the lives of youth and provide critical support," says Peter Coleridge, the national CEO of the CMHA.

The statistics are staggering. It's estimated that 10 to 20 per cent of Canadian youth are affected by some form of mental illness, such as anxiety, depression or an eating disorder, and up to 70 per cent of young adults living with mental illness report that the symptoms started in childhood.

Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

During Mental Health Week, people from all walks of life are encouraged to learn, talk, reflect and engage with others on all issues relating to mental health and mental illness. "The more conversations that take place, the more people will understand mental health and we will positively shift perceptions and behaviours about mental health," Coleridge says.

For more, and for a list of Mental Health Week events and activities in your community, visit [mentalhealthweek.ca](http://mentalhealthweek.ca).

— Jane Doucet

## NOT YOURSELF TODAY? ADVICE IS AVAILABLE

Perhaps you couldn't sleep last night because you were worrying about the upcoming workday. When it was time to get up, maybe you decided you couldn't face your boss or co-workers, so you called in sick. You aren't alone. Every day, 500,000 Canadians miss work due to mental health issues. The good news is that help is at hand.

A national organization called Partners for Mental Health is collaborating with the Canadian Mental Health Association

(CMHA) on a workplace mental health campaign called Not Myself Today, which launches on May 9.

Interested employers will receive an easy-to-use campaign toolkit with everything they will need to organize a workplace event, including resources, posters and details about how to make it happen.

To help promote mental health, employers are also being encouraged to get their staff to take part in Not Myself Day @ Work on June 6, which wraps up the

month-long campaign.

The benefits of these efforts to companies' bottom lines can be astounding — some estimates are that up to 25 per cent of the costs of mental health issues to employers can be avoided.

One of the goals of the campaign is to raise funds to support CMHA workplace mental health initiatives, including its Mental Health Works program and annual Bottom Line Conference.

For more, visit [notmyselftoday.ca/home](http://notmyselftoday.ca/home).



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# DRAMATIC CHANGES CAN AFFECT YOUTH

The teenage years are a time of dramatic change. Young people often feel tremendous pressure to succeed at school, at home and in social groups. At the same time, they may lack the life experience that lets them know that difficult situations won't last forever.

Mental health problems commonly associated with adults also affect young people. What follows are four common mental health issues affecting youth.

**DEPRESSION:** The pressures of school and growing up can be overwhelming and difficult for children to cope with successfully. Depression in children can lead to a loss of appetite, aches and pains, and lack of energy.

**FAMILY BREAKUP:** Although separation and divorce can be the most painful events a family may experience, they may come as a

welcome relief after a period of tension and conflict in a troubled marriage. Parents must deal not only with their own confusion and pain but also with their children's emotions.

**SELF-INJURY:** Certain teens are troubled by frequent intense and painful emotions. Self-injury provides immediate relief, but it's a short-term solution with serious consequences.

**SUICIDE:** Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

For more information and support, visit the Canadian Mental Health Association's website at [cmha.ca](http://cmha.ca).

— Jane Doucet

There's nothing more important than your family's health - Mental Health Week 2013



**Greg Selinger**

MLA for St. Boniface  
Premier of Manitoba  
204-237-9247  
[GregSelinger.ca](http://GregSelinger.ca)



**Jim Rondeau**

MLA for Assiniboia  
204-888-7722  
[JimRondeau.mb.ca](http://JimRondeau.mb.ca)



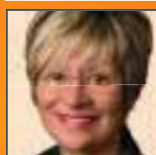
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**Melanie Wight**

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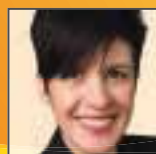
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**Jennifer Howard**

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**Deanne Crothers**

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**Erna Braun**

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## SOURCE FOR SERVICES

### CANADIAN MENTAL HEALTH ASSOCIATION

Founded in 1918, the Canadian Mental Health Association is one of the oldest not-for-profit organizations in Canada. With more than 10,000 staff and volunteers in hundreds of communities across Canada, CMHA provides vital services and support to more than half a million Canadians every year.

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support their recovery from mental illness.

At the local level, CMHA offers a wide range of specialized mental health programs and services to people experiencing mental health issues, as well as their families. These services are tailored to the needs of each community in which they are based.

"One of our main goals during Mental Health Week, but also throughout the year, is to provide information, resources and the practical strategies and advice required for



JUPITERIMAGES/CREATAS/THINKSTOCK

people to develop the personal tools they need to maintain and support their mental health and lead meaningful and productive lives," says Peter Coleridge, the national CEO of the CMHA.

During Mental Health Week from May 6-12, CMHA locations across Canada will hold seminars, host open houses and set up community information booths. They will also hold film screenings, host art shows and lead lunch-and-learn sessions.

To learn more about the Canadian Mental Health Association, visit [cmha.ca](http://cmha.ca).

Why is your mental health so important?

Mental health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It's a state of well-being.



CMHA's 62nd ANNUAL  
**MENTAL HEALTH WEEK 2013**

## It's Mental Health Week!

May 6-12, 2013

It's time to learn, talk, reflect and engage with others about mental health.

For more information on how to maintain your mental health, to find Mental Health Week events in your community or to donate to CMHA, go to [mentalhealthweek.ca](http://mentalhealthweek.ca).



Canadian Mental Health Association  
Mental Health Association

Association canadienne  
pour le santé mentale  
Le santé mentale pour tous

[www.CAMH.ca/HealthWeek](http://www.CAMH.ca/HealthWeek)  
SantéMentalCMHA.HTM



Mental health tips  
What you can do for your mental health:

Enjoy life.

Eat well and keep active.

Talk about it.

Be kind to yourself.  
Take time to relax.

Ask for help –  
when you need it.

Practice positive self-talk.



# BUILDING A STRONGER COMMUNITY

## BE WELL WINNIPEG CAMPAIGN AIMS TO PROMOTE WELLNESS

Mental Health Week is an annual national event that takes place during the first full week of May to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues relating to mental health. The Canadian Mental Health Association (CMHA) holds events in communities across Canada during this week.

CMHA Winnipeg has launched the Be Well Winnipeg campaign during the month of May to promote more balance and wellness in your life by starting with small steps, or commitments. These commitments help to take care of your own mental health but also build a stronger community that promotes wellness for all.

The first step is to log onto to bewellwinnipeg.ca and create a profile. Step 2 is to choose some commitments, such as smiling three times a day on the



CONTRIBUTED

job, spending time in nature, participating in a physical activity three times a week, taking time to escape with a great book or simply demonstrating the power of kind-

ness. Step 3 is to track your success and stay motivated — an array of prizes are up for grabs every day from sponsors like CN, Yoga Public, CommTech Solutions,

## ABOUT THE CMHA

Founded by Dr. Clarence M. Hincks and Clifford W. Beers in January 1918, CMHA is one of the oldest non-disease specific voluntary health organizations in Canada. CMHA is the only association in Canada that addresses all aspects of mental health and mental illness by promoting and advocating with policy-makers, mental health consumers and their families, educators, the media and other service providers.

the Medicine Shoppe, and more.

CMHA Winnipeg encourages participation in the Be Well campaign using social media, by liking CMHA Winnipeg on Facebook (where you can win additional prizes) at facebook.com.CMHAWinnipeg, and following CMHA Winnipeg on Twitter with your Be Well successes (plus using hashtags #BeWellWpg and @WpgMentalHealth).

### CMHA IN MANITOBA

#### CMHA Winnipeg

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Winnipeg MB R3G 0P8  
T: 204-982-6100  
F: 204-982-6128  
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Web: www.cmhawpg.mb.ca

#### CMHA Central

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F: 204-857-2869  
E: cmhaadmin@shawbiz.ca  
Web: www.cmhacentral.ca  
Web: www.mb-central.cmha.ca

#### CMHA Parkland

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Fax: 204-734-5727  
E: cmha@mts.net  
Web: www.parkland.cmha.ca

#### CMHA Norman

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204-340-7660  
Fax: 204-345-0313  
E: eastman@cmhamanitoba.ca

## MENTAL HEALTH WEEK MAY 6-12

Special programming and activities will be taking place throughout the province. Check out these events:

### Portage la Prairie

**Friday, May 10**  
**Comedy Night**  
with Big Daddy Tazz & Guests  
8 pm, Doors open 6:30  
The William Glesby Centre  
Tix \$20  
More info: 1 204 239-6590

### Lac du Bonnet

**Thursday, May 9**  
**Serenity Clubhouse Lunch BBQ**  
11 am - 2 pm  
100 First St  
Free to attend  
Pls RSVP to 1 204 345-0313

### Winnipeg

**Thursday, May 9**  
**Kaleidoscope Launch & Coffee House**  
with Emcee Big Daddy Tazz  
6:30 - 8:30 pm  
CMHA Winnipeg, 930 Portage Ave  
Free to attend  
Pls RSVP to 204 953-2354

**VISIT US!**

In Winnipeg: **Commit to wellness at [www.Bewellwinnipeg.ca](http://www.Bewellwinnipeg.ca)**

**@ the mall**  
**April 29-May 5**  
**Kildonan Place**  
**May 6-11**  
**Grant Park Mall**  
**May 12-17**  
**Polo Park**  
**May 21-25**  
**St. Vital Shopping Centre**  
**May 26-31**  
**Portage Place Mall**

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**Wellness Sweepstakes**

**Grand Prize Draw: FRIDAY JUNE 7**







Young people are embarking on summer jobs. Perfect time to start the money conversation. ISTOCK IMAGES

# Play for all the marbles — or not



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Marbles aren't exactly a common possession these days. But let's say you have a retro friend who happens to have one clasped in each hand.

One is red, the other black. You are required to enter the game she proposes (never mind why) and ante up \$10 for the privilege.

If you correctly guess which colour is in which hand you win a 10 spot and break even. If you pick wrong you must pay another \$10. You do have the choice of just paying the entry fee but not actually playing.

You'd lose the \$10 entry fee but avoid risking losing another ten by guessing wrong.

What do you do? 1. Take the loss of \$10 and risk no fur-

ther loss. 2. Take a gamble and play on 3. Not sure.

Before you tell the retro friend to take her marbles and go home, consider what your answer says about your money personality. The Brandes Scholarship Program (brandesscholarship.ca) has created a fun, 18-question quiz for students and young adults, aged 16 to 22. It's designed to measure risk tolerance, attitudes to spending and interest in financial matters.

I'm a sucker for quizzes so I plunged in. My answer to the question above, by the way, was No. 2. I hate to spend money without having a chance of getting something for it. Overall, I scored high in financial interest (no surprise there), slightly above neutral in risk taking and just a fraction more toward saving than spending.

I was a little surprised by the last one, mainly because I

see myself as a devoted saver. Despite my job, I'm obviously a little more of a spender than I should be.

The quiz is part of the Brandes Scholarship Program, which provides 10 \$1,000 awards based on a 400 to 600 word essay describing what the student learned from taking the quiz.

This is a great way to encourage the money conversation with a nice chunk of change for 10 winning Canadians. And the timing is excellent too. Hopefully, young people are embarking on summer jobs and many will be saving and spending their first earned dollars.

As a judge of similar contests I can say that humour gets bonus points. The deadline is July 2.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



## Treasure hunting tips for the savvy yard sale shopper

Now that summer is here, garage sales and flea markets abound. But as you search for that perfect treasure, be sure to keep safety in mind.

Second-hand items, especially electronics, building supplies, appliances and helmets, may carry certain risks if they are damaged or used. If you are planning on holding a yard sale, check Health Canada's website for recent changes that state everyone holding a garage or yard sale is legally responsible for ensuring that products being sold are safe

and meet current regulatory requirements.

CSA Group, a leading certification and testing organization, offers these safety tips for yard sale shoppers:

### Second-hand items

- Avoid electrical or gas products if a label from a recognized certification organization such as CSA Group is missing. Look closely at the mark to ensure it matches the design and colour of certification marks from the same organization on other similar products.

- Check wiring and extension cords for wear and damage. In particular, look for worn insulation and splices on the cord and loose or exposed parts on the plug.

- Avoid purchasing used bicycle, hockey or construction helmets as you don't know their history or what damage may be hidden from plain view.

### Counterfeit or illegal goods

- Counterfeiters often use flea markets to peddle fake goods. Packaging on counterfeits is

often poorly designed or has only partial illustrations. Misspellings and unclear printing on products and labels may be another indicator of a fake product.

- Brand-name companies want you to know whose product you're buying, so look for a recognized name. Also look for return addresses or company contact information on packages.

- Check the "look and feel" of goods. Fake products often seem light and flimsy.

NEWS CANADA



With garage sale season underway, don't forget some of these simple safety tips. NEWS CANADA

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## NHL playoffs

### Rangers avoid 3-0 series hole in Manhattan

Derek Stepan and Aron Asham both scored tiebreaking goals in the third period for the New York Rangers in a 4-3 victory over the Washington Capitals in Game 3 on Monday night.

The Rangers finally found their offence and got back into their first-round playoff series. New York still trails 2-1 in the Eastern Conference series, with Game 4 set for Wednesday night.

THE ASSOCIATED PRESS

## NHL awards

### Habs' Gallagher gets Calder nom

Montreal Canadiens right-winger Brendan Gallagher, Florida Panthers centre Jonathan Huberdeau and Chicago Blackhawks left-winger Brandon Saad were named finalists for the Calder Memorial Trophy on Monday.

The honour goes to the NHL's top rookie. The winner will be announced during the 2013 Stanley Cup final.

THE CANADIAN PRESS

## NHL outdoors

### Dodger Stadium to host Kings-Ducks

The NHL says the Los Angeles Kings will host the Anaheim Ducks in an outdoor game at Dodger Stadium next January.

An NHL outdoor game has never been held so far south or in California. The game is set for Jan. 25.

The logistics of playing outdoors in balmy California temperatures might seem daunting. Yet the NHL and the teams seem confident that ice-making technology exists that could meet NHL standards.

THE ASSOCIATED PRESS



James Reimer pulls Boston's fourth goal from his net during the Maple Leafs' 5-2 loss in Game 3 on Monday night.

STEVE RUSSELL/TORSTAR NEWS SERVICE

# Bruins bring Leafs back down to Earth

**NHL playoffs.** Boston bounces back in Toronto, disappointing fans inside and outside the ACC

The Boston Bruins scored two goals in a little over two minutes in the second period to defeat the Toronto Maple Leafs 5-2 on Monday night and regain the upper hand in their NHL playoff series.

The loss came before 19,746 fans inside the Air Canada Centre. Outside, a blue-and-white throng watched the game on a big screen in Maple Leaf Square as playoff hockey returned to Toronto for the first

Game 3	
5	2
Bruins	Maple Leafs

time since 2004.

After being beaten 4-2 in Boston on Saturday night, the Bruins upped their game. The Leafs, meanwhile, made mistakes and were punished, although they tried to close the gap with a busy third period in which they outshot the visitors 18-6. The Leafs finished with a 47-38 edge in shots.

Game 4 goes Wednesday in Toronto, with the Leafs trailing 2-1 in the series. Boston won the opener 4-1.

Adam McQuaid, Rich Peverley, Nathan Horton, Daniel Paille and David Krejci — with an empty-net goal with 1:17 remaining — scored for Boston.

Jake Gardiner and Phil Kessel replied for Toronto in a physical game that saw more than 95 hits in total.

It was the first Leafs' home playoff game since May 4, 2004, when Toronto lost 3-2 in overtime to the Philadelphia Flyers to lose the conference semifinal 4-2. Fans were rewarded for patience with free scarves.

The last home playoff win

came in that same series, a 3-1 victory on April 30, 2004.

For the Bruins, the playoffs are business as usual. Boston, which won the cup two years ago, is in the post-season for the sixth straight year.

Inside the chants of "Go Leafs Go" started early, before the warmup. Even anthem singer second Lt. Scott Newlands got an ovation, with the crowd belting out O Canada along with him.

Boston did its bit to quiet the crowd, which still had its moments as the night progressed. And the fans booed Bruins captain Zdeno Chara almost every time he touched the puck.

THE CANADIAN PRESS

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# Gaydosh tips a couple back after going to Ticats

**CFL.** No. 1 draft pick heading to Hamilton unless NFL interest forces him south

It was shortly after 10 a.m. locally but still a good time for Linden Gaydosh to celebrate.

Moments after going first overall to the Hamilton Tiger-Cats in the CFL draft on Monday, the Calgary Dinos' rugged defensive lineman honoured the occasion by cracking open a cold one at his Peace River, Alta., home.

"(The celebration) is going very well," Gaydosh told reporters during a CFL conference call four hours later. "I've had a couple for sure."

"They're probably the best beers I've ever had."

Gaydosh's selection was hardly surprising.

The six-foot-three, 314-pound Gaydosh was the

## Quoted



"The NFL option is in my head and I don't want to close that door until I absolutely have to before I commit to the CFL."

**Linden Gaydosh**, the No. 1 pick in Monday's CFL draft. The Hamilton Tiger-Cats will have to wait for commitment from Gaydosh, who wants to exhaust his NFL options before putting his signature on a CFL deal.

third-ranked prospect according to the CFL's scouting bureau and impressed at the league combine in March with his raw power and athleticism. And with this year's shallow talent pool, Gaydosh's stock skyrocketed leading up to the draft with six of the seven top prospects either returning to school or garnering serious NFL interest.

That made Gaydosh a hot commodity as Ticats coach/GM Kent Austin said he entertained trade offers for the No. 1 pick but none were to his liking.

"We didn't feel like the

value was there and in most cases, not even close," Austin said. "It didn't get very serious in our mind."

Especially, Austin said, considering what the Ticats figured they were getting in Gaydosh.

"He's very aggressive; he's very strong and very agile for his size," Austin said. "The guy really loves football and we want guys who love the game and will commit at a high level and, as they say, pay the price to be great."

"I think Linden has those qualities."

THE CANADIAN PRESS

## Bombers' pick

### Mack settles on Mulumba

Winnipeg looked for defensive line help but from a surprising source. The Blue Bombers, whose 6-12 record last year was tied with Hamilton for the CFL's worst, took Eastern Michigan defensive lineman Andy Mulumba at No. 2 despite Mulumba being under contract to the NFL's Green Bay Packers.

GM Joe Mack said he would've been happy with Gaydosh or Mulumba.

"We were going back and forth ... we really liked Linden Gaydosh a lot and there was maybe a slight tick up for him because he's available right away," Mack said.



### Bulls bash Heat in Game 1

Bulls power forward Carlos Boozer dunks during the second half of Game 1 of Chicago's second-round series against the Heat on Monday night in Miami. Nate Robinson scored 27 points, Jimmy Butler added 21 points and 14 rebounds while playing every second for the third straight game, and the Bulls stunned the Heat 93-86 to take a 1-0 series lead.

LYNNE SLADKY/THE ASSOCIATED PRESS

## PUBLIC OPEN HOUSE: Complete Communities Zoning By-Law Alignment

Wednesday, May 15  
3:00 p.m. – 7:00 p.m.  
Forks Market Atrium

Drop in anytime!



The City of Winnipeg is making changes to its downtown and city-wide zoning to better reflect the vision of *OurWinnipeg* and the *Complete Communities Direction Strategy*.

Join us to find out more and share your thoughts!

[speakupwinnipeg.com/ZoningAlignment](http://speakupwinnipeg.com/ZoningAlignment)



## NHL PLAYOFFS

### CONFERENCE QUARTERFINALS

(Best-of-7 series; All times Eastern)

#### EASTERN CONFERENCE

##### PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh leads 2-1)

**Sunday's result**

Pittsburgh 5 N.Y. Islanders 4 (OT)

**Tuesday's game**

Pittsburgh at N.Y. Islanders, 7 p.m.

##### MONTREAL (2) VS. OTTAWA (7)

(Ottawa leads 2-1)

**Sunday's result**

Ottawa 6 Montreal 1

**Tuesday's game**

Montreal at Ottawa, 7 p.m.

##### WASHINGTON (3) V. NY RANGERS (6)

(Washington leads 2-1)

**Monday's result**

N.Y. Rangers 4 Washington 3

**Wednesday's game**

Washington at N.Y. Rangers, 7:30 p.m.

##### BOSTON (4) VS. TORONTO (5)

(Boston leads 2-1)

**Monday's result**

Boston 5 Toronto 2

**Wednesday's game**

Boston at Toronto, 7 p.m.

#### WESTERN CONFERENCE

##### CHICAGO (1) VS. MINNESOTA (8)

(Chicago leads 2-1)

**Sunday's result**

Minnesota 3 Chicago 2 (OT)

**Tuesday's game**

Chicago at Minnesota, 9:30 p.m.

##### ANAHEIM (2) VS. DETROIT (7)

(Anaheim leads 2-1)

**Monday's result**

Anaheim at Detroit

**Wednesday's game**

Detroit at Anaheim, 10 p.m.

##### VANCOUVER (3) VS. SAN JOSE (6)

(San Jose leads 3-0)

**Sunday's result**

San Jose 5 Vancouver 2

**Tuesday's game**

Vancouver at San Jose, 10 p.m.

##### ST. LOUIS (4) VS. LOS ANGELES (5)

(St. Louis leads 2-1)

**Monday's result**

St. Louis at Los Angeles

**Wednesday's game**

Los Angeles at St. Louis, 9 p.m.

## MLB

### AMERICAN LEAGUE

#### EAST DIVISION

	W	L	Pct	GB
Boston	20	11	.645	—
New York	18	12	.600	1½
Baltimore	19	13	.594	1½
Tampa Bay	14	16	.467	5½
Toronto	11	21	.344	9½

#### CENTRAL DIVISION

	W	L	Pct	GB
Detroit	19	11	.633	—
Kansas City	17	11	.607	1
Cleveland	14	14	.500	4
Minnesota	13	14	.481	4½
Chicago	13	17	.433	6

#### WEST DIVISION

	W	L	Pct	GB
Texas	20	11	.645	—
Oakland	18	14	.563	2½
Seattle	15	18	.455	6
Los Angeles	11	20	.355	9
Houston	8	24	.250	12½

#### Monday's results

Chicago White Sox 2 Kansas City 1 (11 inn.)

Oakland at Cleveland

Minnesota at Boston

Toronto at Tampa Bay

**Tuesday's games**

**All times Eastern**

Kansas City (Santana 3-1) at Baltimore

(Chen 2-3), 7:05 p.m.

Oakland (Milone 3-3) at Cleveland (McAlister 2-3), 7:05 p.m.

Minnesota (Diamond 2-2) at Boston

(Dempster 2-2), 7:10 p.m.

Toronto (Happ 2-2) at Tampa Bay (Hernandez 1-4), 7:10 p.m.

L.A. Angels (Wilson 3-0) at Houston

(Lyles 0-0), 8:10 p.m.

## NATIONAL LEAGUE

#### Monday's results

Atlanta at Cincinnati

Texas at Chicago Cubs

Miami at San Diego

Arizona at L.A. Dodgers

Philadelphia at San Francisco

## NBA PLAYOFFS

### CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

#### EASTERN CONFERENCE

##### MIAMI (1) VS. CHICAGO (5)

(Chicago leads 1-0)

**Monday's result**

Chicago 93 Miami 86

**Wednesday's game**

Chicago at Miami, 7 p.m.

**Friday's game**

Miami at Chicago, 8 p.m.

##### NEW YORK (2) VS. INDIANA (3)

(Indiana leads 1-0)

**Sunday's result**

Indiana 102 New York 95

**Tuesday's game**

Indiana at New York, 7 p.m.

**Saturday's game**

New York at Indiana, 8 p.m.

#### WESTERN CONFERENCE

##### OKLAHOMA CITY (1) V. MEMPHIS (5)

(Oklahoma City leads 1-0)

**Sunday's result**

Oklahoma City 93 Memphis 91

**Tuesday's game**

Memphis at Oklahoma City, 9:30 p.m.

**Saturday's game**

Oklahoma City at Memphis, 5 p.m.

##### SAN ANTONIO (2) V. GOLDEN STATE (6)

(Series tied 0-0)

**Monday's result**

Golden State at San Antonio

**Wednesday's game**

Golden State at San Antonio, 9:30 p.m.

**Friday's game**

San Antonio at Golden State, 10:30 p.m.

## SOCCER

### MLS

#### Sunday's results

Kansas City 4 Chivas USA 0

Houston 1 Los Angeles 0

**Wednesday's games**

**All times Eastern**

Houston at D.C., 7 p.m.

Montreal at New York, 7:30 p.m.

Salt Lake at New England, 8 p.m.

Seattle at Kansas City, 8:30 p.m.

Portland at Dallas, 9 p.m.

Toronto at San Jose, 10:30 p.m.

## MLB

### J.P. caps Blue Jays' monster rally

J.P. Arencibia hit a two-out, two-run homer in the ninth inning off Fernando Rodney and the Toronto Blue Jays completed their comeback from a seven-run deficit, beating the Tampa Bay Rays 8-7 on Monday night.

Evan Longoria hit his third career grand slam, helping Tampa Bay build a 7-0 lead that Jeremy Hellickson and four Rays relievers failed to protect before a season-low crowd of 9,952 at Tropicana Field.

Colby Rasmus and Mark DeRosa also hit two-run homers for Toronto.

THE ASSOCIATED PRESS



Blue Jays outfielders Rajai Davis, from left, Jose Bautista and Colby Rasmus celebrate Monday's win in St. Petersburg, Fla. GETTY IMAGES





See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

BY KELLY ANN BUCHANAN

## Horoscopes

### Aries

March 21 - April 20

You seem to think that you need someone's approval to follow a certain course of action. That's not like you at all – and it isn't true either. Have the courage to follow your own path in future.

### Taurus

April 21 - May 21

The things you do touch the lives of those around you. Before you start something new today, ask yourself how it might affect friends, family and colleagues. Only proceed if the results will be positive.

### Gemini

May 22 - June 21

Regret is a useless emotion, don't wallow in it, just accept it and move on. The Sun in Taurus at this time of year can make you pessimistic, but life is still good – and so are you!

### Cancer

June 22 - July 23

If you are convinced that a certain course of action is right then follow it no matter what. Cancer is a Water sign and your intuition is sharp, so listen to your hunches.

### Leo

July 24 - Aug. 23

You may think you are entitled to a larger share of whatever rewards are on offer but this is not the best time to push your claims too hard. Wait and see what Friday's eclipse brings your way.

### Virgo

Aug. 24 - Sept. 23

Soon you could find yourself doing things that just weeks ago you wouldn't have dreamt about. When change happens it tends to happen fast, so be ready.

### Libra

Sept. 24 - Oct. 23

Because life is so easy you tend to coast along without putting too much effort into what you are doing. Which is fine, but think how much more you could achieve if you did get serious.

### Scorpio

Oct. 24 - Nov. 22

Worry never solved anything, so control your fears and start looking for ways to improve your lot. Remember: you are where you are for a reason. Find out what that reason is and work with it.

### Sagittarius

Nov. 23 - Dec. 21

Despite what some people might say you are more than just an accident of the universe – there is meaning to your existence. Focus on what that meaning is and you could have a life-changing insight.

### Capricorn

Dec. 22 - Jan. 20

Your rivals may have more experience than you but you have drive and determination. Most important of all though is your clarity of thought: you know what it is you want – and you'll get it.

### Aquarius

Jan. 21 - Feb. 19

Focus on the lighter side of life today. Stop worrying about the world and its woes and just have fun for a change.

### Pisces

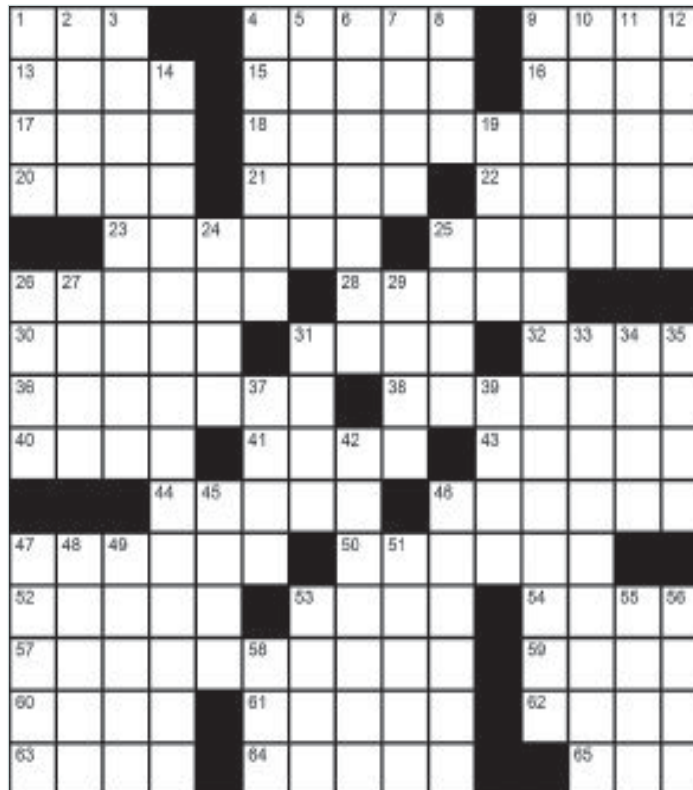
Feb. 20 - March 20

You're not a casualty in the game of life, so stop acting like one. According to the planets the next few days will throw up some wonderful opportunities. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Quebec locale, \_\_\_Beauport
4. Hell
9. Immense
13. Awestruck
15. "\_\_\_ be goin' now."
16. Sudbury landmark, \_\_\_ Superstack
17. Contented cat's call
18. Hard rock trio from Toronto: 2 wds.
20. Mr. Carvey
21. New newts
22. Ex of celebs George and Rod
23. George Orwell's Nineteen \_\_\_Four
25. :)
26. Earth's third biggest island
28. Baseball great Mr. Ryan
30. Cheering-on person
31. \_\_\_ Beach, Florida
32. Tranquil
36. An aquarium recreates it: 2 wds.
38. Aficionado
40. Garden \_\_\_
41. Golds, in Spain
43. \_\_\_ water (Up the proverbial creek): 2 wds.
44. Montreal metro station, Cote-\_\_\_
46. Nuts
47. "Madonna: Truth \_\_\_" (1991)
50. Cyberspace: 2 wds.
52. Gets introduced to
53. Weather without water
54. Carpentry tool
57. British Columbia city
59. Anastasia's dad's job



60. Prince William, for one
61. Be an Alps communicator
62. Eight: Spanish
63. Li'l elevations
64. Farm equipment com-

pany, John \_\_\_  
65. Montreal football players, to fans

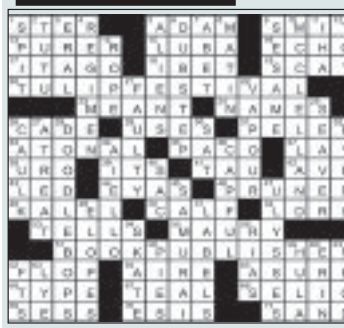
### Down

1. Force in California's largest

- city (acronym)
2. Water: Spanish
3. Sitcom set in fictional Dog River, SK: 2 wds.
4. Cab Calloway's signature syllables

5. Toward the stern
6. Chewing gum brand
7. Edmonton's CFL team's website, \_\_\_com
8. Pou \_\_\_ (Vantage point)
9. James Ehnes' recent Juno-winning album: 'Tchaikovsky: \_\_\_'
10. Year's historic record
11. CSI part
12. "I Just Called \_\_\_ I Love You" by Stevie Wonder: 2 wds.
14. Inglis \_\_\_ National Historic Site, in Manitoba
19. Early-'80s hit: "She's a Bad Mama \_\_\_"
24. "The Facts of Life" actress Ms. Jewell
25. Blackthorn fruit
26. Shrub
27. Cream-filled cookie
29. Commands, for short
31. Green: French
33. Alberta river
34. Kings of \_\_\_ (Rock band)
35. NY baseball team
37. Golfer's warning!
39. Opinion
42. Cycled better than
45. In the past, in verse
46. Hawk
47. D-Day beach
48. "\_\_\_ Without a Cause" (1955)
49. Money-spent transaction
51. Job seeker's interviewer
53. "...friend or \_\_\_?"
55. Montreal-born humourist, Mort \_\_\_
56. Amateurs' antonyms [abbrv.]
58. Mr. Barrett of Pink Floyd

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

1	9	2	4	6	7	5	8	3
7	5	6	8	1	3	9	2	4
4	8	3	9	2	5	6	7	1
6	7	5	2	4	8	3	1	9
9	3	8	1	5	6	2	4	7
2	4	1	7	3	9	8	6	5
8	6	9	3	7	1	4	5	2
5	1	4	6	9	2	7	3	8
3	2	7	5	8	4	1	9	6

			2		6	7		
8		1	9					
7				4		9		
		2		7			4	
6			5	2				1
	3			1		5		
	7		6					4
				9	2			5
	9	6		8				

## Weather

TODAY

WEDNESDAY

THURSDAY



MAX: 22°



MAX: 23°



MAX: 10°



JENNA KHAN  
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



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